

# AVATUD MNT TREENING 20x500 m TEHNILISEL LÕIGUL

## TULEMUSED ÜLDJÄRJESTUSES



05.09.2024, Keila

Korraldaja - Triathlon Estonia, Rada: kergliiklustee, tagasipöördega laskumisel ja 10 m tõusuga. Ilm: temperatuur +21 kraadi C, tuul 0-2 m/s, päikeseline, ilus selge ja vaikne õhtu, Ajamõõtmise tehnika ja korraldus: ANTROTSENTER OÜ, Urmas Paejärv

| Koht | Number | Nimi              | Distsants | Aeg      | Kiireim | Keskmine | Aeglaseim | Kiirus                    | Stabiilsus | Ring 1  | Ring 2  | Ring 3  | Ring 4  | Ring 5  | Ring 6  | Ring 7  | Ring 8  | Ring 9  | Ring 10 | Ring 11 | Ring 12 | Ring 13 | Ring 14 | Ring 15 | Ring 16 | Ring 17 | Ring 18 | Ring 19 | Ring 20 |
|------|--------|-------------------|-----------|----------|---------|----------|-----------|---------------------------|------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1    | 7      | Urmas Paejärv     | 10 km     | 20:00,11 | 0:56,57 | 1:00,00  | 1:02,78   | 29.99 km/h - 02:00 min/km | 0:01,369   | 0:58,58 | 0:57,73 | 0:58,70 | 0:58,50 | 0:58,69 | 0:59,30 | 1:00,01 | 0:58,94 | 1:00,61 | 0:59,95 | 0:56,57 | 0:59,22 | 1:00,80 | 1:00,20 | 1:02,78 | 1:02,25 | 1:02,23 | 1:01,30 | 1:02,04 | 1:01,62 |
| 2    | 20     | Janis Kukk        | 10 km     | 21:20,46 | 0:56,33 | 1:04,02  | 1:08,57   | 28.11 km/h - 02:08 min/km | 0:02,689   | 0:56,33 | 1:03,53 | 1:00,60 | 1:05,42 | 0:58,78 | 1:04,92 | 0:58,25 | 1:08,57 | 1:01,66 | 1:06,84 | 1:07,09 | 1:08,07 | 1:04,96 | 1:04,30 | 1:03,08 | 1:07,45 | 1:04,98 | 1:06,74 | 1:03,96 | 1:04,85 |
| 3    | 23     | Kati Lepik        | 10 km     | 27:08,79 | 1:12,24 | 1:21,43  | 1:56,98   | 22.10 km/h - 02:42 min/km | 0:04,444   | 1:13,41 | 1:19,30 | 1:12,24 | 1:22,49 | 1:20,08 | 1:22,98 | 1:21,24 | 1:20,39 | 1:22,87 | 1:19,37 | 1:14,44 | 1:19,23 | 1:21,41 | 1:56,98 | 1:23,32 | 1:23,64 | 1:21,42 | 1:19,28 | 1:16,07 | 1:18,56 |
| 4    | 17     | Reine Ülem-Truuts | 10 km     | 27:24,52 | 1:13,66 | 1:22,22  | 1:30,30   | 21.89 km/h - 02:44 min/km | 0:04,618   | 1:16,46 | 1:20,66 | 1:16,84 | 1:22,17 | 1:19,00 | 1:17,12 | 1:16,22 | 1:18,60 | 1:13,66 | 1:17,37 | 1:19,55 | 1:23,07 | 1:25,08 | 1:24,17 | 1:28,75 | 1:27,90 | 1:30,10 | 1:29,34 | 1:30,30 | 1:28,08 |
| 5    | 8      | Berit Raudjärv    | 10 km     | 31:50,06 | 1:20,03 | 1:35,50  | 2:08,30   | 18.84 km/h - 03:11 min/km | 0:13,173   | 1:26,73 | 1:22,38 | 1:26,35 | 1:27,02 | 1:28,24 | 1:20,21 | 1:26,76 | 1:20,03 | 1:22,38 | 1:25,48 | 1:27,77 | 1:24,62 | 1:35,61 | 1:32,47 | 1:52,91 | 2:01,16 | 1:54,72 | 1:59,57 | 2:08,30 | 1:47,26 |
| 6    | 13     | Oskar Rauk        | 7.5 km    | 18:24,70 | 1:04,17 | 1:13,64  | 1:19,77   | 24.44 km/h - 02:27 min/km | 0:03,907   | 1:04,17 | 1:07,35 | 1:08,74 | 1:12,02 | 1:09,73 | 1:13,39 | 1:17,12 | 1:11,16 | 1:13,28 | 1:15,19 | 1:18,91 | 1:19,77 | 1:18,12 | 1:17,12 | 1:18,56 |         |         |         |         |         |
| 7    | 1      | Anna Helene Rauk  | 7.5 km    | 19:15,50 | 1:09,75 | 1:17,03  | 1:23,70   | 23.36 km/h - 02:34 min/km | 0:02,800   | 1:15,38 | 1:17,98 | 1:14,05 | 1:23,33 | 1:15,63 | 1:22,09 | 1:23,70 | 1:15,84 | 1:14,61 | 1:15,14 | 1:09,75 | 1:18,40 | 1:15,32 | 1:16,54 | 1:17,68 |         |         |         |         |         |
| 8    | 12     | Roosi Truuts      | 6 km      | 22:44,09 | 1:35,22 | 1:53,67  | 2:29,42   | 15.83 km/h - 03:47 min/km | 0:13,596   | 1:45,41 | 1:37,17 | 1:42,09 | 1:35,22 | 1:58,61 | 1:50,80 | 1:40,55 | 2:11,19 | 2:00,05 | 1:42,86 | 2:10,66 | 2:29,42 |         |         |         |         |         |         |         |         |
| 9    | 15     | Kert Leibenau     | 3 km      | 7:41,23  | 1:13,13 | 1:16,87  | 1:19,75   | 23.41 km/h - 02:33 min/km | 0:02,267   | 1:17,38 | 1:19,75 | 1:19,54 | 1:13,13 | 1:17,60 | 1:13,80 |         |         |         |         |         |         |         |         |         |         |         |         |         |         |

Number of records: 9